Good News For Homemakers

For balance in nutrition, carry your lunch to work

By SHIRLEY W. WALTON
Extension Agent

Eating away from home at lunch time can be a problem for individuals on a diet. If finding a restaurant which offers a variety of foods suitable to low calorie needs presents a problem, I would suggest carrying lunch. A lunch stashed away in a brown bag, lunch box, or even in a large purse can be a well balanced, satisfying, yet low calorie meal. I'd like to share some lunch box hints to help weight conscious individuals. What sandwich fillings would add variety to a brown bag lunch and at the same time be nutritious and low calorie? You may wish to try the following;

1. Thinly sliced luncheon meat and American cheese with a dill pickle on whole wheat bread.
2. Corn beef, swiss cheese, dill pickle on rye bread.
3. Thin slices of roast beef, chicken, ham, or meatloaf with ketchup or mustard, or low calorie mayonnaise.
4. Tuna, chopped celery, and chopped pickle moistened with a small amount of low calorie mayonnaise.
5. Peanut butter and sliced radishes on whole wheat bread. Celery also is a delicious combination with peanut butter.
6. Hard cooked egg, with pimento, celery, and green pepper moistened with low calorie mayonnaise.
7. Thin slices of tomato and low calorie mayonnaise, rye or white bread. Cucumber slices are also delicious to this combination.
8. Cucumber slices and low calorie mayonnaise plus a slice of cheese on whole wheat bread.

To go along with the sandwich filling suggestions, some other low calorie items include: hot soup or consomme' or boullion; relishes of dill pickles, radish slices, celery sticks, carrot sticks, green pepper rings, cauliflorets, or cherry tomatoes, raisins, cherries, strawberries, apricots, apples, oranges, peaches, plums, bananas, pears, grapes, or chilled can fruit (fresh fruit when in season is a better buy and more nutritious).

The low calorie lunch can always contain such foods as cottage cheese and fruit or vegetables and low calorie gelatin or low calorie cream. Remember that your puddings will be lower in calories if made with skim milk.

Beverages in the packed lunch can range from whole to skim milk, tea, coffee, lemonade, fruit juice to low calorie, carbonated beverages.

Some other suggestions that will add variety and personality to your lunch include:

1. Several thin slices of roast beef or ham or turkey bite easier than a single thick one.
2. Use a variety of breads such as white, rye, whole wheat, French, or rolls, or English muffins.
3. Spread a thin coat of butter on bread to prevent a moist filling soaking into the bread. This can be reduced calorie type margarine.
4. Cut sandwiches into quarters for easier eating and a feeling of more to eat.
5. Wrap lettuce and tomato slices separately or in clear plastic wrap so they will stay fresh. Put into sandwiches before eating.
6. Freeze a supply of sandwiches wrapped individually. Take the wrapped sandwiches from the freezer in the morning and they will be thawed just right for lunch. This is an excellent way to get ahead for the week and not have the every morning hassel with the sandwiches.
7. Open face sandwiches will cut down on bread caloric intake. Roll slices of meat in lettuce leaves and omit the bread altogether--this can add some variety to the low calorie luncheon. If you wish to use this method, you can treat your lunch like a cold plate.

Hopefully these suggestions will help you to have some nutritious, delicious, low calorie lunches.

If you have a homemaking question or problem, you may call 352-8244 or you may write: P.O. Box 488, Appomattox, Va. 24522.

Have a good week!

RECEIPE OF THE WEEK

Cookie's Hot Chicken Salad

6 chicken breasts or 1 whole chicken cooked and diced, bite size
1½ c. diced celery
1 can water chestnuts (quartered or sliced)
1 can mushroom soup (undiluted)
½ c. mayonnaise
Salt and Pepper to taste
Mix all together and top with:
½ package prepared dressing mix
½ stick melted butter
Bake 325°F 30 minutes.

Many thanks to Mrs. Cookie Milton, formerly Cookie Armistead, who served as a Home Economist on the Appomattox Extension Staff in the 60's.

WOULD YOU LIKE to join the Town and Country Extension Homemakers Club? The next regular meeting will be Tuesday, April 26, 1983 at 10:00 in the Extension Office meeting room. Newly elected officers of the club pictured above are: (seated) Linda Harrison, Secretary; Pearl Mitchell, Chaplain; Doris Wright, President; (standing) Frances Wilson, Treasurer; Thelma Conner, Reporter; Sallie Gailler, Vice President; and Dorothy Davis, a new member. Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation.

Girl Scout leaders cited

All over the United States Girl Scout Leaders are recognized on April 22, a special day set aside just for them.

This day gives the girls and parents of the girls in troops an opportunity to say a very special thank-you to their leaders for their devotion in helping them find new worlds; allowing them to discover more about themselves and what they are capable of doing.

It is through the leader's efforts that Girl Scouting lives and through their leadership that our future will indeed be a bright one because of the experiences they have provided for these girls.

The Appomattox Girl Scout Service Unit would like to thank and recognize the following leaders:

Brownie Troops - #308 - Annette Williams; #724 - Diane Gilliam and Connie Sandman; #945 - Brenda Cashwell, Wanda Daley; Junior Troop - #322 - Jeanette Drinkard, Leslie Humbles and Brenda Mosely; and Cadette Troop - #311 - Ellen Armentrout and Serena Mosley.

Deborah P. Jamerson is Appomattox County Service Unit Chairman.

50 books donated

The James Jackson Kilpatrick Library was the recipient of approximately 50 outstanding books given in memory of Miss Kate O'Brien who was the first and "founding" librarian at Prince Edward Academy. Miss Kate, as she was affectionately known, served as librarian at Prince Edward Academy from 1959 until her retirment in 1973. Prior to 1959 she was librarian at Farmville High School for 19 years. Before becoming a librarian, she taught Latin and English at Appomattox High School from 1923-1939.

Miss O'Brien was a friend of the distinguished columnist, James Jackson Kilpatrick, who was Editor of The Richmond News Leader when the Academy was founded. It was largely through the cooperation of Mr. Kilpatrick and the dedication and hard work of Miss O'Brien that the Academy library developed into an outstanding library center. In November, 1966, the library was dedicated to Mr. Kilpatrick in recognition of his support in acquiring and soliciting quality volumes for the library.

The Academy library has continued to grow over 14,000 catalogued volumes under the leadership of Miss O'Brien and succeeding librarians: Mrs. Anne Robinson (1973-80), Mrs. Betty Jenkins (1980-82), and Mrs. Georgia Hull (1982-83).

The books donated by Mrs. Louise Allen of Farmville include historical volumes, classics, literary works, and biographies. Mrs. Hull, librarian, commented that "the books given in memory of Miss O'Brien are most appropriate as references for the academic program and a welcomed addition to our outstanding library. I know that the students and faculty would join in expressing deep appreciation to Mrs. Allen for remembering Miss O'Brien in this special way."

Con$umer ene Note$

By Ocie M. Mack
Extension Agent

There is a new consumer buying decision now facing millions of Americans. Should they continue renting their telephones or should they buy it? In addition, if they decide to buy, the problem becomes which telephone should they buy?

Only since 1977 have consumers had the opportunity to buy their telephone(s), rather than renting only from the telephone company. American Bell, the new subsidiary of AT and T will continue to rent telephones already in service for at least several more years. They are also giving persons the opportunity to buy the phones they are renting. Eventually, though, it is expected that all rentals will cease in favor of purchased telephones.

This change in operation creates new opportunities for consumers, but first it creates some concerns. One concern is whether you have to buy the Bell equipment currently installed in your home. The answer is NO! You may choose to buy your curent phone or return it to the phone company and either buy your phone(s) from the phone company or from any other merchant selling telephones.

There is little doubt that most persons would save money by buying their telephone(s), because in the long run it is cheaper to buy than to rent. By buying a phone, you save the rental fees which range from $1 to $4 each month for most telephones, depending upon the type of phone and area of the country. This means that a basic telephone ($18 to $30) would pay for itself in one or two years. A more expensive phone may take longer to pay for, but then the rental for a similar model would also have been higher. Any way you look at it, over even a short period of time, buying a telephone is less expensive than renting.

Service is also likely to be a concern for buyers, who have been spoiled by the high reliability of our telephones which seldom need repair and enjoy "free" repair service from the phone company. So, in one sense, if a telephone is purchased from a reliable source, little repair service would be anticipated. When service is required, the telephone would either be returned to the retailer or mailed direct to the manufacturer. Currently, one company is charging $7.50 to repair their standard phones and up to $24 for their fancier electronic models.

Another concern is installation. If the home is already wired for the new modular jacks, installation is as easy as plugging in a toaster. If the home does not have modular jacks, inexpensive kits are available for quick, do-it-yourself conversion.

Perhaps a last concern is price and phone options. When technology is advancing quickly in a field, as it is for telephones, the price for basic models is likely to go down. At the same time, more options are going to be available over time, but at a higher price than for the basic models. Indecision may lead to putting off the purchase decision for awhile, waiting for prices to drop further.

While the choice of which phone to buy may not be easy, it is less expensive to buy than to rent. Many products would like to make similar claim, but this is one purchase that does indeed save money!

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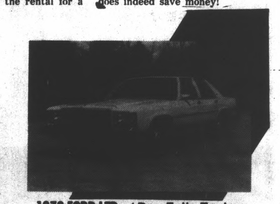

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1979 DATSUN B210 - Station Wagon - 4 Cyl. - 4 Speed - Factory Air - AM/FM - Nice

1980 T-BIRD - Sharp - Local Car - Fully Equipped - See This One!

1976 BUICK SKYLARK - 2 Door - Economical - V-6 Engine - Automatic - P.S. - P.B. - AM/FM - Sporty

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1978 CHEV C-10 - LWB - V-8 - Automatic - P.S. - P.B. - Air - "Cheyenne" - Local Owner

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PUBLIC HEARING NOTICE

The Town of Pamplin will hold a public hearing on April 25, 1983 and on May 3, 1983 at 7:00 P.M. at the Pamplin Town Hall for the purpose of hearing written and oral comments from the public concerning the proposed annual budget for fiscal year 1983-84 and the use of Revenue Sharing funds as contained in that proposed budget, summarized below. General revenue sharing (GRS) is a program of general fiscal support from the federal government to state and local government with only limited federal requirements about how the money should be spent. Decisions on the use of these funds are made at the local level, by the government and people closest to local programs. The revenue sharing regulations require a hearing on the proposed use of these funds in relation to the overall budget before the budget is adopted each year.

All interested citizens, groups, senior citizens and organizations representing the interest of senior citizens are encouraged to attend and to submit comments.

A copy of this information, the entire proposed budget and additional background materials are available for public inspection on Tuesday and Friday from 9:00 A.M. to 5:00 P.M. at the Pamplin Town Office.

TOWN OF PAMPLIN
1983-84 Proposed Budget

GENERAL FUND RECEIPTS:	
Income	$11,645.50
Revenue Sharing	6,402.00
Interest	3,812.90
Rent from School Building	6,000.00
Total	$27,860.40
GENERAL FUND EXPENDITURES:	
Revenue Sharing will be used for General Fund Expenditures:	
Salaries	$12,000.00
Electricity for town	1,500.00
Insurance	1,500.00
V.E.C. Liability	100.00
Taxes, Social Security	1,500.00
Truck Expense	2,000.00
Virginia Municipal League Dues	125.00
Mayor & Council Compensation	1,500.00
Mayor & Council Expenses	600.00
Town Tags	110.00
Telephone	250.00
Office Supplies	300.00
Advertisements	200.00
Town Repairs	1,000.00
Donations: Pamplin Fire Department	1,000.00
Appomattox Rescue Squad	1,000.00
Election	500.00
Miscellaneous	1,000.00
Publications	75.00
Maintenance Supplies	150.00
Equipment	50.00
Rents	25.00
School Repairs	875.40
Continency Fund	500.00
Total General Expenditures	$27,860.40

NOTE: School building repair in preparation for factory in the past fiscal year was $26,039.43. This was not included in proposed budget as it is a one time expense.

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BONELESS Sirloin Tip STEAK lb. $2.49
RICHFOOD Hot or Mild SAUSAGE lb. 89¢
RICHFOOD HUSKIE $ OWALT/NEY TURKEY CHICKEN FRANKS lb. 79¢
OWALT/NEY TURKEY BUFFET HAM lb. $1.69
TENDER AGED BEEF WHOLE Boneless SIRLOIN TIPS 8-12 lb. AVG. • CUT FREE! lb. $1.79
FRESH... GROUND BEEF ANY SIZE PKG. lb. $1.19
RICHFOOD MEAT BOLOGNA . . . . . lb. $1.29
PLAIN OR W/BACON...RAPA BRAND SCRAPPLE . . . . . lb. 79¢

DOUBLE Manufacturers' COUPONS...
ON MONDAY, APRIL 25 YOU CAN REDEEM YOUR MANUFACTURERS' COUPONS FOR DOUBLE THEIR VALUE UP TO 75¢ MAXIMUM EXCLUDING FREE COUPONS.

FOR COOKING... WESSON OIL 24 oz BOT $1.09
TAB, MELLO YELLO, MR.PIBB OR... Diet or Reg. COKE 8 PK. BOTS. $1.39 PLUS DEPOSIT
BUMBLE BEE CHUNK TUNA LIGHT 6½oz CAN 69¢
FOR LAUNDRY... WISK DETERGENT 4 6oz. BOTS. $1.00
SCOTT...2 PLY PAPER TOWELS LARGE ROLLS 69¢
REG. or SUGAR FREE DR. PEPPER 8 PK. BTLS. $1.49 PLUS DEPOSIT
SAVE ON... TIDE DETERGENT 49 oz. PKG. $1.89
FOR DISHES... LIQUID JOY 22 oz. BOT $1.09
RC 10¢, Diet Rite or R.C. COLA (PLUS DEPOSIT) 8/PT. BOTS. $1.19
WEIGHT WATCHERS BREAD 1-lb LOAF 89¢
MARTHA WHITE 2 VARS. FLOUR 5-lb BAG 89¢
MARTHA WHITE Self-Rising Corn MEAL 5-lb BAG 99¢
AUNT HANNAH'S Sandwich BREAD 1-lb. LOAF 39¢
NABISCO SALTINES 1-lb PKG. 89¢
GLOVE KID Peanut BUTTER 18oz JAR $1.19
ARMOUR TREET LUNCH MEAT 12-oz. $1.19
BATH SIZE...FIESTA SOAP 4 3½oz BAR 49¢
ASST. SEVEN SEAS SALAD DRESSING 8oz. BOT. 79¢
ASST. ODDLES of NOODLES SOUP 4 FOR $1.00
PURINA MEOW MIX 3½-lb BAG $2.49
IMPERIAL CHARCOAL 10-lb BAG $1.79
WIENERS...ARMOUR CHILI 15½oz. CAN 89¢
RAGU Spaghetti SAUCE 32oz JAR $1.69
CORONET Bath TISSUE 8 PK. $1.69
ASST....ROYAL PUDDINGS 2 3½oz. PKGS. 79¢
RICHFOOD Grapefruit JUICE 46oz CAN 69¢ 2 VARS.
MERICO Butter-Me-Not BISCUITS 3 9½oz. CANS $1.00
ASST. FOX DE LUXE PIZZAS 10oz PKG. 69¢
ORE-IDA TATOR TOTS 2-lb PKG. $1.19
ASST. AUNT JEMIMA WAFFLES 10oz. PKG. 69¢
GORTON'S BATTER FRIED PERCH Portions 12oz. PKG. $1.49
RICHFOOD GRAPEFRUIT JUICE ½ GAL. $1.49
MRS. FILBERT'S MARG. Spread 25 2-lb BOWL $1.39
GORTON'S Fish STICKS 2-lb PKG. $2.99
ALL FLAVS. LIGHT N' LIVELY ICE MILK ½ GAL. $1.49
MT. DEW, PEPSI LIGHT, PEPSI-FREE, PEPSI Diet or Reg. 8/16 oz. bottles Plus Deposit $1.39

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SLICED for PIZZA SHREDDED Mozzarella 12oz. PKG. $1.89
SLICED SWISS CHEESE 6oz PKG. $1.29
(8oz....$1.69) SHREDDED Cheddar CHEESE 4oz. PKG. 89¢
FOR TACOS... SHREDDED CHEESE 4oz. PKG. 95¢
FOR PIZZA... SLICED Mozzarella 10oz. PKG. $1.89
SHREDDED CHEDDAR CHEESE 12oz PKG. $1.89
•SARGENTO WHOLE MILK RICOTTA 15oz. $1.49
•SLICED SHARP CHEDDAR CHEESE 6oz. $1.29
•DAIRYLAND DIET CHEESE 8oz. $1.69

MINUTE MAID ORANGE JUICE REG. or W/MORE PULP 12oz CAN 99¢

Azaleas—Gallons—Assorted Colors $1.99 AND UP
#1 SWEET POTATOES . . . . . 5 lbs. 99¢
RED or BLUE GRAPES . . . . . lb. 89¢
FRESH...GREEN ONIONS . . . . . 3 BUS. $1.00
LI'L HUG FRUIT DRINKS CASE....$5.99 8 FOR $1.00
Fresh... FLORIDA ORANGES 64 CT. SIZE 8 FOR $1.00
Minute Maid ORANGE JUICE WITH MORE PULP
•WE CARRY A FULL VARIETY OF BEDDING PLANTS, FLOWERS, VEGETABLES and HANGING BASKETS.